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U. S. Department of Agriculture

Protein

In the Diet

Effect of Different Amounts of an Efficient Protein

Litter mates of the same sex, 18 weeks old. Weight of smaller, 135 grams; of larger, 283 grams



RATS THREE-FIFTHS ACTUAL SIZE

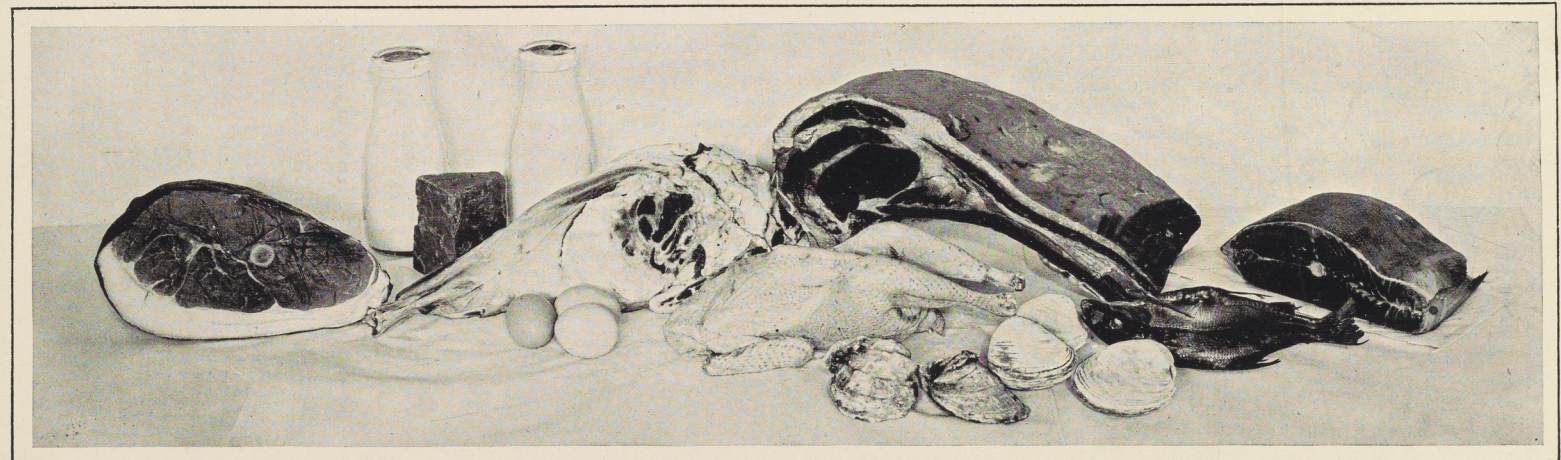
Effect of the Same Amount of Proteins of Different Qualities

Litter mates of the same sex, 12 weeks old. Weight of smaller, 117 grams; of larger, 198 grams



RATS THREE-FIFTHS ACTUAL SIZE

Some Common Sources of Efficient Protein



CHEESE
EGGS

FISH, ALL KINDS
MEAT, LEAN, ALL KINDS

MILK
POULTRY, ALL KINDS

NUTRITION CHART 4

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE